Optimizing Memory Input: Digitalization and Modification of Mnemotechniques for Medical Education

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Learning objectives:

At the end of the workshop:

- participants will appreciate and use mnemotechniques for life long teaching and learning (e.g. SEE-LINK-GO! by Nelson Dellis [1])
- participants will understand why memorizing and education needs to be story based. This is my modification. Every story includes the following basic requirements:
  - Choose a unique PLACE for your memory journey to reduce confusion
  - The EXCITER (see / visualize / pay attention to the new exciting subject/object/competence)
  - LINK to previous knowledge, choose a metaphor / analogy / modify your known classification systems
  - Determine and respect competence level
  - Getting wild with all of your senses (Nelson Dellis: Sensory Overload, Grotesque Absurdity, Movable Attributes)
- participants will have used and explored digital tools for exercising mnemotechniques collaboratively
  - https://docs.google.com/ or http://www.argunet.org/ for anonymous discussions
  - https://prezi.com/ for visualizing a metaphor or tell a whole story
  - https://www.autodraw.com/ to draw with the help of artifical intelligence

Agenda:

- Introduction
- Impuls: The evidence and cognitive neurobiology of how and why mnemotechniques work
- Exercise: memorizing with the loci method
- Impuls: Why do we need modifications for (medical) Education:
  - Arguments for place, exciter and association with a competence
  - Learning styles might be myths - why should we exclude any sense?
- Exercises with digital tools:
  - Discussion of possibilities and risks of mnemotechniques
  - Development of a metaphor and a story for medical learning objectives
  - We draw sketches that we need for our story

Target Audience:

Anyone interested in life long learning or seeking a modified brain instruction manual. Standard workshop language will be German. It could be English on demand.

Suggested Preparation:

Preparation is generally not necessary. It can be very helpful, though. My current favorite instruction manual comes from Nelson Dellis. Check out his website at https://www.nelsondellis.com/ and decide for yourself. You may just watch a couple of videos or read his new book "Remember it" [1]. Anything will be of help for you, especially if you weren't introduced to mnemo-techniques in your previous life.

Furthermore, it will save us time if you would have previously explored the mentioned websites and registered were necessary.

Referenzen

1. Dellis N. Remember it. New York: Abrams 2018